

January
2023

Class Schedule



A class for every **AGE. BODY. GOAL. INTEREST. FITNESS LEVEL.**

MON

11:00AM – Silver Sneakers
9th, 23rd, 30th

6:30pm – Flow Yoga
9th, 23rd, 30th

7:30pm - Pound
9th, 23rd, 30th

TUE

10:00am – Silver Sneakers Cardio Blast
10th, 17th, 24th, 31st

11:00am – Silver Sneakers Yoga
10th, 17th, 24th, 31st

WED

6:30pm – Pound
4th, 11th, 18th, 25th

7:30pm – Sunset Yoga
4th, 11th, 18th, 25th

THU

11:00am – Silver Sneakers
5th, 12th, 19th, 26th

6:00pm – Spin
5th, 12th, 19th, 26th

7:00pm – Barre
5th, 12th, 19th, 26th

FRI

8:30am – HIIT
7th, 14th, 21st

9:15am -- Pound
7th, 14th, 21st

10:00am – Body Sculpt
7th, 14th, 21st

SAT

VIEW CLASS DESCRIPTIONS, MEET THE INSTRUCTORS AND MUCH MORE AT:

24sevenfitnessclub.com



24/7 Fitness Club
Our Community
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